## SPECIFICATION AMENDMENTS

Page 1, line 4, before "The present invention" insert the section title:

## BACKGROUND OF THE INVENTION

#### 1. Field of the Invention

Page 1, line 5, prior to "It is well known" insert the section title:

#### Present State of the Art

Page 1, line 13, prior to "According to" insert the section title:

## SUMMARY OF THE INVENTION

Page 1, line 22, prior to "The invention will now" insert the section title:

## BRIEF DESCRIPTION OF THE DRAWINGS

Page 3, line 1, prior to "Figure 1" insert the section title:

# DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

At the end of the application insert the following abstract:

# ABSTRACT OF THE DISCLOSURE

A lighting unit includes one or more lamps, a motor configured to adjust the position of the lamps, a controller configured to transmit drive signals to the motor in dependence on received signals and, for each of the lamps, a corresponding light detector connected to the controller such that receipt of modulated light at one of the light detectors gives an indication to the controller that the position of the corresponding lamp is to be adjusted. Used with the lighting unit is a remote-control unit, by way of which the user can, firstly, emit the modulated light, preferably laser light, to select the lamp to be moved and, secondly, emit a coded infrared or radio signal to then effect the desired movement of the lamp.